



THE PHYSICIAN'S *Bookshelf*

CARDIAC AUSCULTATION INCLUDING AUDIO-VISUAL PRINCIPLES—By J. Scott Butterworth, M.D., Associate Professor of Medicine, New York University Post-Graduate Medical School, New York, Maurice R. Chassin, M.D., Assistant Professor of Clinical Medicine, New York University Post-Graduate Medical School, and Robert McGrath, M.D., Associate Professor of Clinical Medicine, New York University Post-Graduate Medical School. Grune and Stratton, Inc., New York, 1955. 111 pages, \$4.50.

This small volume was apparently written with two objectives in view: (1) To present the author's technic of the audiovisual method of teaching phonocardiography. (2) To summarize some practical, clinical aspects of cardiac auscultation.

The authors believe that audiovisual methods are needed to teach auscultation because of "the almost intolerable boredom of the student and instructor while waiting for others to listen" and "the reluctance of students to time sounds and murmurs." One may wonder if these are valid reasons for the employment of audiovisual aids. Whether these technics actually improve the students' ability in clinical auscultations at the bedside or merely provide a novelty in the classroom is not commented upon. The audiovisual instrument employed contains a large oscilloscopic screen upon which phonocardiograms can be viewed by a group of students while listening to the sounds through electronic stethoscopes. Tape recordings can be made at the same time to be played back and studied later. The method of using the instrument and the elementary physics of heart sounds are well described.

The authors have failed to attain their second objective for the reader is presented with no more information regarding clinical auscultation than is available in most current textbooks of physical diagnosis. Certain topics of distinct clinical value such as gallop rhythm are superficially treated and there is a notable lack of attention paid to recent studies of the heart sounds in mitral stenosis, pulmonary hypertension and congenital heart disease. The illustrations of phonocardiograms are poor because of the lack of any simultaneous reference tracings such as the electrocardiogram, pulse or apex impulse. Timing lines are absent.

This volume should be of interest to those who wish to employ audiovisual aids in the teaching of clinical auscultation and physicians who are interested in heart sounds.

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THE CARE OF YOUR SKIN—Herbert Lawrence, M.D. Little, Brown and Company, Boston, 1955. \$2.50.

While not indicated by the title, this book concerns itself with the problems of acne. It is easily readable and written in a manner which should be understandable to the adolescent and young adult.

The author handles adequately, the emotional and psychologic impact of this disease on the personality of an individual at a stage in life in which facial appearance is most important. The author also suggests simple measures to

properly meet this personality disturbance. At the same time, etiologic factors, diet, popular misconceptions and simple treatment are not neglected.

The book definitely has a place in the physician's therapeutic regimen, especially for patients who desire detailed information regarding the cause, prognosis and treatment of this disease.

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THE HYPOPHYSEAL GROWTH HORMONE, NATURE AND ACTIONS—Editors Richmond W. Smith, Jr., M.D., Physician-in-Charge, Division of Endocrinology, Henry Ford Hospital, Detroit. Oliver H. Gaebler, M.D., Head, Biochemistry Department, Edsel B. Ford Institute for Medical Research, Detroit; and C.N.H. Long, M.D., Sterling Professor of Physiology, Yale University School of Medicine, New Haven. The Blakiston Division, McGraw-Hill Book Company, Inc., New York, 1955. 576 pages, \$12.00.

At the Henry Ford Hospital in Detroit, Michigan, on October 27, 28, and 29, 1954, a group of 300 investigators from medical research laboratories in many countries, gathered together to discuss the present status of Hypophyseal Growth Hormone. The results of these three days of discussion are presented in this volume, which contains the text of 30 papers, complete with charts and figures, as well as the general discussion of the reports. The presentations were divided arbitrarily into five sections:

1. The Bioassay Preparation and Properties of Growth Hormone.
2. The effects of Growth Hormone on certain tissues such as bone, joints and kidneys.
3. The effect of Growth Hormone on the utilization of protein, carbohydrate and fat as sources of energy.
4. The effects of Growth Hormone on certain enzyme systems.
5. The effect of Growth Hormone on lactation in cows, and on growth in humans.

The symposium participants, all leaders in Growth Hormone research, presented data and concepts obtained from recent original investigations. Additional data and ideas were added in the general discussions. Thus, the most recent knowledge of the nature and actions of Hypophyseal Growth Hormone is made generally available. The reports cover a variety of Growth Hormone effects, but the studies of the relationship of Growth Hormone to insulin activity and to Diabetes Mellitus, as well as the effects of Growth Hormone on normal, dwarfed and postsurgical human subjects will be of great general interest.

These reports will be of most interest to the clinical investigator, and to those interested in tissue growth. We do not know yet the full importance of Growth Hormone in clinical medicine, but this symposium will represent a landmark and a reference point on the road to a greater understanding of this fascinating and elusive hormone.